

Health Risk Behaviors Among High School-Aged Youth
Montana and National Comparisons for Intentional and Unintentional Injury

Sources: 2003 Montana and U.S. Youth Risk Behavior Survey

Youth Risk Behavior Survey Data (percent of students who...)	Montana 2003	U.S. 2003
Rarely or never wore seat belts when riding in a car	17.8	18.2
Rarely or never wore bicycle helmets	83.4	85.9
Rode with a driver who had been drinking alcohol in the past 30 days	36.9	30.2
Drove after drinking alcohol in the past 30 days	20.4	12.1
Carried a weapon in the past 30 days	19.4	17.1
Carried a gun in the past 30 days	8.7	6.1
Were in a physical fight	28.6	33.0
Were injured in a physical fight seriously enough to be treated by a doctor or nurse	3.4	4.2
Were physically hurt by a boyfriend or girlfriend on purpose	11.7	8.9
Were forced to have sexual intercourse	9.8	9.0
Felt too unsafe to go to school at least once in the past 30 days	3.4	5.4
Carried a weapon on school property at least once in the past 30 days	7.2	6.1
Were threatened or injured with a weapon on school property	7.1	9.2
Engaged in a physical fight on school property	10.3	12.8
Felt sad or hopeless almost every day for 2 or more weeks in a row	26.4	28.6
Seriously considered attempting suicide	18.9	16.9
Made a suicide plan	14.8	16.5
Attempted suicide	9.7	8.5
Had a suicide attempt requiring medical attention	3.0	2.9

Unless stated all responses were for during the 12 months preceding the survey.

**Health Risk Behaviors Among High School-Aged Youth
Montana and National Comparisons for Tobacco Use**

Sources: 2003 Montana and U.S. Youth Risk Behavior Survey

Youth Risk Behavior Survey Data (percent of students who...)	Montana 2003	U.S. 2003
Ever tried cigarette smoking, even one or two puffs	61.0	58.4
Ever smoked one or more cigarettes every day for 30 days	17.3	15.8
Currently smoke (smoked cigarettes on ≥ 1 of the past 30 days)	22.9	21.9
Currently are frequent smokers (smoked cigarettes on ≥ 20 of the past 30 days)	10.8	9.7
Smoked more than 10 cigarettes/day in the past 30 days	2.4	3.1
Currently use smokeless tobacco	13.2	6.7
Currently smoke cigars	14.1	14.8
Currently use any tobacco product	30.9	27.5
Purchased cigarettes at a store or gas station during the past 30 days	10.1	18.9
Had smoked a whole cigarette before the age of 13	20.7	18.3
Had used cigarettes on school property in the past 30 days	7.7	8.0
Had used smokeless tobacco on school property in the past 30 days	7.7	5.9

Unless stated all responses were for during the 12 months preceding the survey.

Health Risk Behaviors Among High School-Aged Youth
Montana and National Comparisons for Alcohol and other Drug Use

Sources: 2003 Montana and U.S. Youth Risk Behavior Survey

Youth Risk Behavior Survey Data (percent of students who...)	Montana 2003	U.S. 2003
Ever had at least 1 drink of alcohol	81.1	74.9
Drank alcohol on one or more of the past 30 days	49.5	44.9
Were episodic heavy drinkers*	37.3	28.3
Ever used marijuana	43.9	40.2
Currently use marijuana	23.1	22.4
Had ever tried any form of cocaine	8.7	8.7
Currently use cocaine	3.8	4.1
Had ever used inhalants**	13.8	12.1
Currently use inhalants	4.2	3.9
Had ever used heroin	3.2	3.3
Had ever used methamphetamines	9.3	7.6
Had ever used ecstasy	6.1	11.1
Had ever used illegal steroids	4.7	6.1
Had ever injected illegal drugs	2.6	3.2
Drank alcohol before the age of 13	30.4	27.8
Tried marijuana before the age of 13	11.0	9.9
Used alcohol on school property in the past 30 days	6.7	5.2
Used marijuana on school property in the past 30 days	6.4	5.8
Were offered, sold, or given an illegal drug on school property	26.9	28.7

* Drank ≥ 5 drinks of alcohol in a row on ≥ 1 of the 30 days preceding the survey

** Ever sniffed glue or breathed the contents of aerosol spray cans or inhaled any paints or sprays to become intoxicated

Unless stated all responses were for during the 12 months preceding the survey.

Health Risk Behaviors Among High School-Aged Youth
Montana and National Comparisons for Sexual Behaviors

Sources: 2003 Montana and U.S. Youth Risk Behavior Survey

Youth Risk Behavior Survey Data (percent of students who...)	Montana 2003	U.S. 2003
Had ever had sexual intercourse	43.6	46.7
Had sexual intercourse before the age of 13	5.9	7.4
Had four or more sex partners during their lifetime	14.0	14.4
Currently sexually active*	29.9	34.3
Used a condom during last sexual intercourse	59.6	63.0
Used birth control pills before last sexual intercourse	24.1	17.0
Used alcohol or drugs before last sexual intercourse	33.7	25.4
Have been pregnant or gotten someone pregnant	3.9	4.2
Have been taught about HIV/AIDS in school	88.1	87.9

* Sexual intercourse in the past 3 months

Health Risk Behaviors Among High School-Aged Youth
Montana and National Comparisons for Physical Activity and Nutrition

Sources: 2003 Montana and U.S. Youth Risk Behavior Survey

Youth Risk Behavior Survey Data (percent of students who...)	Montana 2003	U.S. 2003
Were at risk for becoming overweight [^]	11.6	15.4
Were overweight ^{^^}	8.1	13.5
Describe themselves as overweight	30.8	29.6
Were trying to lose weight	41.6	43.8
Ate 5 or more servings of fruits and vegetables/day	16.7	22.0
Drank 3 or more glasses of milk/day	22.5	17.1
Exercised to lose weight or to avoid gaining weight in the past 30 days	60.2	57.1
Ate less food, fewer calories, or foods low in fat to lose weight or to avoid gaining weight in the past 30 days	39.5	42.2
Fasted to lose weight or to avoid gaining weight in the past 30 days	11.6	13.3
Took diet pills, powders, or liquids to lose weight or to avoid gaining weight in the past 30 days	6.7	9.2
Took laxatives or vomited to lose weight or to avoid gaining weight in the past 30 days	6.0	6.0
Participated in vigorous physical activity [*]	62.3	62.6
Participated in moderate physical activity ^{**}	23.9	24.7
Participated in an insufficient amount of physical activity ^{***}	33.4	33.4
Participated in no vigorous or moderate physical activity ^{****}	9.2	11.5
Participated in strengthening exercises on 3 or more of the past 7 days	55.0	51.9
Watched television 3 or more hours on an average school day	25.3	38.2
Were enrolled in PE class	55.7	55.7
Attended PE class daily	32.6	28.4
Exercised more than 20 minutes during an average PE class	85.1	80.3
Played on sports teams during the past 12 months	60.5	57.6

[^] Students who were between the 85th and 95th percentile for body mass index, based on reference data.

^{^^}Students who were ≥95th percentile for body mass index, based on reference data.

^{*} Activities that caused sweating and hard breathing for ≥20 minutes on ≥3 of the past 7 days

^{**} Activities that did not cause sweating or hard breathing for ≥30 minutes on ≥5 of the past 7 days

^{***}Had not participated in vigorous physical activity for ≥20 minutes on ≥3 of the past 7 days and had not participated in moderate physical activity for ≥30 minutes on ≥5 of the past 7 days.

^{****}Had not participated in either vigorous physical activity for ≥20 minutes or moderate physical activity for ≥30 minutes on any of the past 7 days.